



Yucatán Turkey Lime Soup

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 58 ounce fat-skimmed beef broth fat-free canned
- 0.3 cup cilantro leaves fresh chopped
- 12 garlic clove crushed
- 1 jalapeno quartered
- 0.3 cup juice of lime fresh
- 2 large onion trimmed quartered
- 3 cups turkey cooked chopped

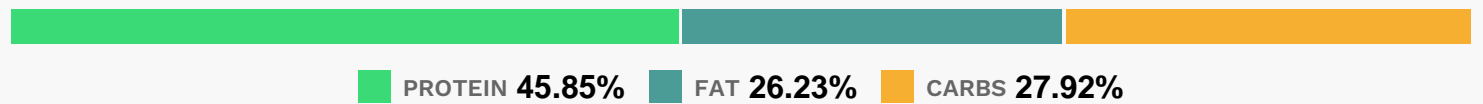
Equipment

- bowl
- frying pan
- dutch oven
- colander

Directions

- Combine first 5 ingredients in a Dutch oven over medium-high heat; bring to a simmer. Cover and cook 30 minutes. Strain broth through a colander into a bowl; discard solids.
- Return broth to pan; stir in turkey, cilantro, and lime juice. Cook over low heat 5 minutes or until thoroughly heated.
- Garnish with lime wedges, if desired.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:2.43, Inflammation Score:-6, Nutrition Score:13.958695655284%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg, Isorhamnetin: 3.76mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg, Quercetin: 16.17mg

Nutrients (% of daily need)

Calories: 169.99kcal (8.5%), Fat: 5.05g (7.77%), Saturated Fat: 1.13g (7.08%), Carbohydrates: 12.1g (4.03%), Net Carbohydrates: 10.45g (3.8%), Sugar: 4.34g (4.82%), Cholesterol: 53.68mg (17.89%), Sodium: 1770.16mg (76.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.73%), Vitamin B3: 8.21mg (41.05%), Selenium: 26.61µg (38.02%), Vitamin B6: 0.73mg (36.38%), Vitamin B12: 1.73µg (28.86%), Phosphorus: 220.67mg (22.07%), Vitamin C: 17.32mg (20.99%), Manganese: 0.31mg (15.59%), Vitamin B2: 0.26mg (15.34%), Potassium: 467.49mg (13.36%), Vitamin B5: 1.28mg (12.79%), Zinc: 1.66mg (11.09%), Copper: 0.2mg (9.98%), Iron: 1.57mg (8.71%), Magnesium: 34.49mg (8.62%), Vitamin B1: 0.12mg (8.19%), Folate: 26.93µg (6.73%), Fiber: 1.65g (6.6%), Calcium: 61.39mg (6.14%), Vitamin K: 4.29µg (4.09%), Vitamin A: 156.83IU (3.14%), Vitamin E: 0.27mg (1.82%), Vitamin D: 0.22µg

(1.49%)